

### Scope of Claims

1. A composition characterized by containing silymarin and having a property to promote the production of type I collagen and/or a property to promote the production of elastin.
2. The composition as claimed in Claim 1, wherein the silymarin is an extract from silymarin-containing plant and/or derived from silymarin-containing plant.
3. The composition as claimed in Claim 1 or 2, which is used for preventing skin aging.
4. The composition as claimed in any of Claims 1 to 3, which is used for external application on the skin.
5. The composition as claimed in any of Claims 1 to 3, which is a food.
6. The composition as claimed in Claim 4, which contains 0.7% to 2.0% of silymarin as an active ingredient.
7. The composition as claimed in any of Claims 1 to 3, which is a cosmetic.